

# MUSTANG RALLY

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A FORMULA RACING TEAM. THIS YEAR MARKS  
THE MUSTANGS' 25TH ANNIVERSARY

PAGE 4

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Michael McPherson  
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Monday, October 15, 2012



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## Let's get going with 'gateway' to London: Coun.

### 20-year plan.

Development of Wonderland Road South district ready for final comments



ANGELA  
MULLINS

[angela.mullins@metronews.ca](mailto:angela.mullins@metronews.ca)

A final version of the long-term road map for southwest London will be tabled on Monday at city hall.

Years in the making, the plan outlines areas for commercial, industrial and residential growth on 6,670 acres bordered roughly by Southdale Road West, Dingman Creek and Wellington Road South.

City council's planning committee will field comments during an 8:30 p.m. public meeting. The document — aimed at striking the right balance of growth without taking development away from other areas of the city — has been tweaked since planners tabled a draft version in June.

The plan is on the right track, said Coun. Harold Usher,

### Other business

Council's planning and environment committee meets at 4 p.m. on Monday. Members also will hear:

- An update on Farhi Holdings' request to demolish a building at 199 Queens Ave. to build a highrise.
- A plan to trap beavers in the Stanton Drain and relocate them to Munsee-Delaware First Nations property. The agenda item is planned for 9:30 p.m.

whose ward includes a portion of the land involved. "We could spend another five years on this and still not get it exactly how everybody would want it," he said. "I really do think we need to put this plan to rest and say, 'This is where we are now,' and five years from now look at the plan again."

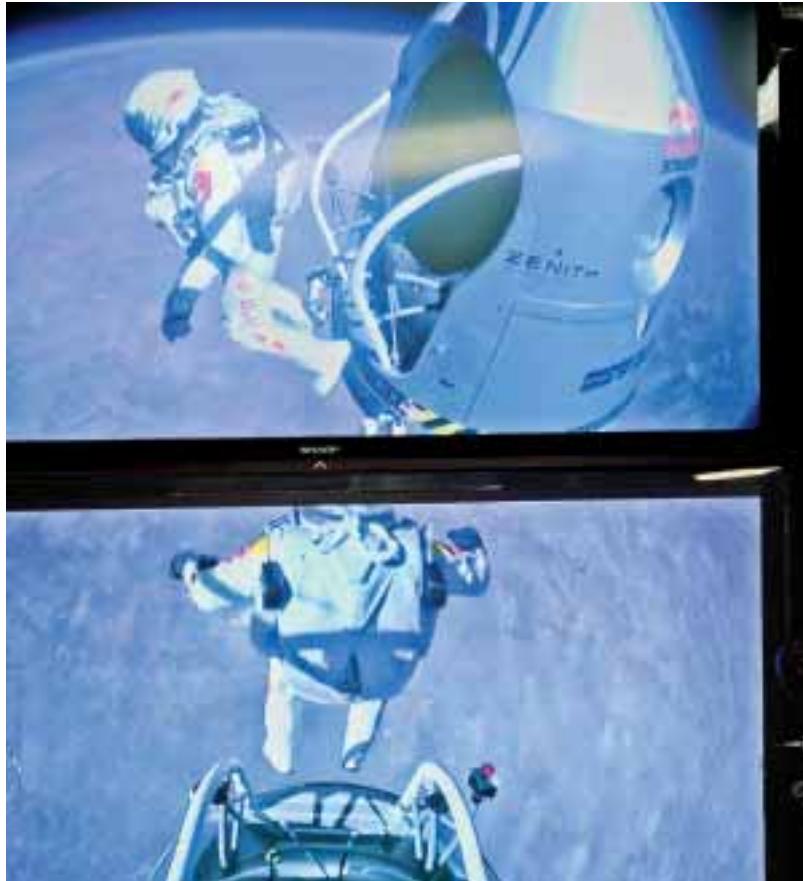
A good portion of the road map focuses on the future of Wonderland Road South, expected to be a western "gate-

way" into the city after a new interchange is built at Highway 401. Wonderland would be designed as a "stunning approach" to the city instead of looking like a typical main drag to and from the highway, planners say.

Acting on a request from council, city planners are also pitching the creation of an "enterprise corridor" on Wonderland between Southdale West and Exeter Road. Instead of identifying what kind of development should happen on specific parcels, planners are suggesting setting limits for the whole corridor.

Commercial development, for example, would be capped at about 1.1 million square feet in the corridor — accounting for about one-third of the 2.9 million square feet designated for commercial growth in the larger southwest plan. No caps are proposed for residential or institutional development in the corridor.

Roads, sewers and other infrastructure are expected to be financed through development charges. Servicing is expected to cost up to \$120 million.



## SOUND WARRIOR

Austrian daredevil Felix Baumgartner can be seen on two monitors leaping from a capsule at a height of nearly 39 kilometres above the Earth's surface on Sunday. Baumgartner landed on his feet about nine minutes later, achieving his goal of breaking the sound barrier. See story, page 5. STEFAN AUFSCHNAITER/RED BULL/THE ASSOCIATED PRESS

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# London to benefit from youth plan

**At-risk.** Additional outreach worker to be hired in London thanks to provincial pledge



ANGELA MULLINS

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London will soon have another pair of feet on the street as the provincial government rolls out a plan to help at-risk youths.

The plan includes funding for 35 new outreach workers in communities across Ontario. One of those positions will be in London, bringing the city's total to six workers.

Outreach work is seen as essential to seeking out disadvantaged youths and connecting them with programming, like those that help them get summer jobs. London's also benefiting from several new Parenting and Family Literacy Centres, set up in schools and designed to get children younger than seven years old ready for a lifetime of learning.

The government pledged



Deb Matthews HANDOUT

\$20 million annually to its Youth Action Plan in August on the heels of gun violence in Toronto. It builds on a 2008 Roots of Youth Violence report, which recommended addressing poverty, racism, and unemployment as ways of stopping bloodshed.

Although Toronto was the catalyst for action, other communities aren't "immune" from problems, London North Centre MPP Deb Matthews said.

The action plan, she said, is all about "giving kids a chance to take advantage of the opportunities that are there for them."

"It's about getting them moving and growing in the right direction."

## Education. Board sets paperless goal during Waste Reduction Week

The Thames Valley District School Board is challenging all students and staff to go paperless for a whole week — one of five environmentally conscious initiatives planned for Waste Reduction Week.

"We want students and teachers to think before they

reach for that piece of paper," said learning co-ordinator Christine Holmes in a release.

Beginning Monday, all photocopiers at schools across the district will be monitored during the week. The school with the greatest reduction will win a tree planting in their schoolyard. METRO



### Showing off his PAWSitive attributes

Lesley Hymers, 44, of Ajax, dolls up Bruno, a two-year-old Norwegian Forest cat, as he prepares to enter the ring during the PAWSitive PAWS Cat Club show, Sunday, at the Western Fair District. A variety of show cats and household pets were on display during the 13th annual show sanctioned by the Canadian Cat Association.

ANGELA MULLINS/METRO

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## OHL. Sabourin rallies Generals past Knights

Scott Sabourin scored three goals, including the game-winner and an empty-netter, as the Generals defeated the London Knights 5-3 in Sunday night OHL action in Oshawa.

Bo Horvat led the Knights with two goals, while Seth Griffith had a goal and an assist. Olli Maatta and Max Domi each added two helpers for London.

Boone Jenner and Cole Cas-sels, who also had two assists, had the other Oshawa goals.

In goal, London's Kevin Bailie made 35 stops; Osh-



awa's Daniel Altshuller 32.

The Knights went 3-for-11 on the power play, while the Generals scored on two of their eight manpower advantages.

METRO

### Closing time

#### Final fundraiser for APK Live

A fundraiser for Haiti is one of the last events that will be held at APK Live.

APK closed Sunday night, but not before hosting Heartbeats for Haiti, a fundraiser organized by LifePaths Global Alliance.

The event was to raise money for a telemedicine clinic in L'Estere, Haiti.



"Push it!" yell members of the Western University Formula Racing team as Jeff Mock takes last year's car for a retirement lap in Springett parking lot on Saturday. ANDREW SERCOMBE/FOR METRO

## They're Mustangs, too

### Western University.

Student racers kick off new car project in hopes of more student/school support

ANDREW SERCOMBE  
london@metronews.ca

The Western Mustangs are known as football, basketball, and hockey teams. But for 25 years, Western has had a formula racing team of engineering students who design, build, and race a new car each year.

"We are not a club," said Adam Bezzina, a fourth-year engineering student at Western, and technical director and project leader of this year's car.

"But we have never seemed to receive the same treatment

from students as other Mustang teams. We have Western printed all over our car when we race, but I would categorize us as an engineering megaproject."

This year marks the 25th anniversary of the Western University Formula Racing team. According to Bezzina, Western engineering students built the first car in 1988. Since 1996, Western has been racing competitively against international competition.

"This year's team is comprised of more than 30 people. We race in about three competitions each year," said Bezzina. "Our biggest is at the Michigan International Speedway, where more than 120 schools from North America and Europe meet to race."

Team members take turns at the wheel, and they are often only required to have a G-1 beginner's driver's licence to compete.

### Vroom vroom

- The car accelerates 0-100 km/h in 3.4 seconds
- The car has a top speed of about 140 km/h
- It is equipped with a roll cage, and the driver wears harnesses, a helmet, and a fire-resistant suit

"Some races don't even require the drivers to have licences," said Steve Combe, the car's ergonomics design manager.

The team works out of a shop provided by the engineering faculty at Western, and practises on weekends in the empty Springett parking lot on campus.

According to Bezzina, most students only know of the

team because of the noise the car's engine makes.

"On weekends, we tend to wake up and upset a lot of students in residence," Bezzina said. "We haven't gotten the best reception."

But with more and more universities in Canada now building their own formula racing cars, races are beginning to take place closer to home, where the team hopes to show its skills.

"Our last race was held by the University of Toronto for Canadian schools to come race their cars," said Bezzina. "This was the last race for our car before retiring it. Now we start a new one. We would love to race it in front of Western students at a local race someday."

After giving the car one last test drive in Springett on Saturday, the team began the design and production on this year's car to be completed next spring.

### Chatham

#### Explosion at bakery sparks investigation

A woman was taken to hospital after a suspected natural gas explosion at a bakery in Chatham.

According to Chatham Daily News, emergency crews were called to Da Silva & Sons Bakery just before 8 a.m. Sunday morning. Few details were available but fire officials expect a long investigation.

Maria Da Silva was in the building at the time of the explosion and was taken to hospital as a precaution.

The blast reportedly destroyed the back of the building where baking equipment was housed, knocking down at least two cinder block walls.

AM980/AM980.CA

## CIS football. Mustangs thump Golden Hawks

First-year quarterback Will Finch led the Western Mustangs football team to a 56-3 victory over the Laurier Golden Hawks on Saturday afternoon at TD Waterhouse Stadium.

Finch threw for 339 yards, including four touchdown passes to third-year receiver Brian Marshall, who tied a Western record. Marshall

joins Andy Fantuz, Nigel Wilson, and Nick Pasic as the only Mustangs to catch four touchdown passes in a single game.

The Mustangs, with a record of 4-3, travel to Ottawa next Saturday for their final regular season game of 2012 against the Gee-Gees, 2-5. Game time is set for 1 p.m.

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Felix Baumgartner celebrates, Sunday, near Roswell, N.M., after becoming the first skydiver to break the sound barrier. The Austrian also broke the record for the highest skydive. RED BULL STRATOS, BALAZS GARDI/THE ASSOCIATED PRESS

# Free falling

**Faster than a speeding bullet.**  
Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 24-mile (38.6-kilometre) jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a maximum speed of 1,342 km/h. That amounts to Mach 1.24, which is faster than the speed of sound. No one has ever reached that speed wearing only a high-

tech suit.

Baumgartner says that travelling faster than sound is "hard to describe because you don't feel it." With no reference points, "you don't know how fast you travel," he told reporters. "Sometimes we have to get really high to see how small we are."

The altitude he leapt from also marked the highest-ever for a skydiver — more than three times the height of the

#### Quoted

**"Sometimes we have to get really high to see how small we are."**

Felix Baumgartner

average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety check-list with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with

#### The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.

- **Social media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.

- **Hot trend.** On Twitter, half the worldwide trending topics had something to do with the jump, pushing past seven NFL football games.

- **Flying high.** Among the tweets was one from NASA: "Congratulations to Felix Baumgartner and RedBull Stratos on record-breaking leap from the edge of space!"

a 20-second delay.

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty.

He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

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# Andes crash survivors play memorial game

## 40th anniversary.

Former members of Uruguayan rugby team reflect on what they learned from a horrifying experience

Surviving members of an Uruguayan rugby team have played a match postponed four decades ago when their plane crashed in the Andes, stranding them for 72 days in the cordillera and forcing them to eat human flesh to stay alive.

The Old Christians Club squared off Saturday in Santiago in a game that was tied 1-1 against the Old Grangonian Club, the former Chilean rugby team they were supposed to play back when their flight went down. Their terrifying story became the basis of a bestselling book and a Hollywood movie.

"At about this time we were falling in the Andes. Today, we're here to win a game," crash survivor Pedro Algorta, 61, said as he prepared to walk onto the playing field surrounded by the jagged mountains that trapped the group.

During the anniversary ceremony, military jets flew over the field, where parachutists draped in Chilean and Uruguayan flags landed. In a corner, survivors wept when officials unveiled a commemorative frame with pictures of those who died in the snowy peaks.

"The conditions were more horrifying than you can



Carlos Paez, 58, a former member of Uruguay's rugby team who survived a 1972 plane crash with his team, waves a small red shoe after a helicopter carrying fellow team member Fernando Parrado lands in a rugby field in Santiago, Chile, Saturday. Parrado gave a similar shoe to his friends at the plane crash site in 1972 before he trekked through the Andes with a single companion for 10 days and guided rescuers back. LUIS ANDRES HENAO/THE ASSOCIATED PRESS

### SURVIVOR

**I came back to life after having died ... It's something that very few people experience."**

Plane-crash survivor Fernando Parrado Who left the crash site in the Andes with one other person to guide rescuers to the survivors.

ever imagine. To live at 4,000 metres without any food," said survivor Eduardo Strauch, 65. "The only reason why we're here alive today is because

we had the goal of returning home.... (Our loved ones) gave us life. They made the sacrifice for others."

The Uruguayan air force plane that carried the team crashed in a mountain pass in October 1972 while en route to Santiago from Montevideo. Of the 45 passengers aboard, 16 survived by feeding on dead family members and friends preserved in the snow.

"I think the greatest sadness I felt in my life was when I had to eat a dead body," said Roberto Canessa, 59, who was

a teenage medical student at the time of the crash.

"I would ask myself: Is it worth doing this? And it was, because it was in order to live and preserve life, which is exactly what I would have liked for myself if it had been my body that lay on the floor," he said.

Desperate after more than two months in the frigid peaks, Canessa and Fernando Parrado left the crash site to seek help. It was the group's last attempt at survival.

THE ASSOCIATED PRESS

### Poor choice of words

**Bad joke prompts evacuation of main Anchorage airport terminal**

The manager at Alaska's main airport says he expects charges to be filed after a bad joke led to the evacuation of a terminal.

Ted Stevens Anchorage International Airport manager John Parrott says the incident happened a little after 12 a.m. local time Sunday, and the terminal was cleared as authorities searched through baggage. Investigators questioned a man who made reference to a bomb, as well as his two travelling companions.

They figured out that he was joking, and needless to say, they didn't find it funny.

THE ASSOCIATED PRESS

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## La Francophonie. Harper wants next summit held in a democratic country

Prime Minister Stephen Harper says he's glad he attended the summit of French speaking nations but hopes the next one is held in a country that promotes democratic values.

Harper said Sunday that he had definite reservations about taking part in the weekend's international gathering of la Francophonie in the Democratic Republic of the Congo.

The African country has been widely criticized for abusing human rights and allowing widespread sexual violence against women.

President Joseph Kabila was returned to power last year amid allegations of electoral fraud, something Harper

### Meeting

Prime Minister Stephen Harper and Quebec Premier Pauline Marois met while in the African country Saturday.

- Co-operation. Harper said the meeting was "cordial" and focused on the economy.

described as "completely unacceptable."

But Harper said his visit did allow him to meet people who are changing things in the country. **THE CANADIAN PRESS**

### Guns

#### Firearm-related crimes cost billions

Crimes involving guns cost Canadians more than \$3 billion a year, suggests an internal Justice Department study that may stoke the gun-control debate. **THE CANADIAN PRESS**

### Car rage

#### Man bashes own car in parking lot

A man who bashed his elderly hearse with a sledgehammer in a Canadian Tire parking lot in Halifax Sunday was giving it a "proper sendoff," say police. **THE CANADIAN PRESS**

# Online bullying victim shocked by girl's death



Amanda Todd, 15, is shown in this undated handout photo from a Facebook memorial site set up after her suspected suicide. **THE CANADIAN PRESS/FACEBOOK-HO**

**Mental health.** Teen who also posted video about being bullied wishes he could have helped Amanda Todd

Their pleas for help were strikingly similar, but ended with tragically different results.

Amanda Todd, 15, of Port Coquitlam, B.C., and Jonah Mowry, now 15, of Lake Forest, Calif., may have never met, but both lived lives of torment at the hands of bullies. Both recounted their suffering through hand-written notes, flashed before video cameras and published online.

They wrote about their loneliness, lack of friends and

### Quote

**"I think that putting your kid in therapy can be good for so many reasons."**

**Jonah Mowry, 15**  
A California teen on how parents can help their children dealing with bullying.

thoughts of suicide, yet only one remains alive.

The BC Coroners Service has said preliminary indications suggest Todd took her own life last Wednesday.

"I was kind of speechless," said Mowry, when he learned of Todd's death. "I kept thinking I wish I could have known her, I wish I could have talked to her, I wish I could have done something."

In the wake of Todd's death, victims of bullying across North America like Mowry, and his parents and their friends, are reliving their own experiences and offering advice on how to survive the torment and end the harassment.

The reactions come while RCMP investigators conduct interviews and review the factors that led to the death of the B.C. teen.

Todd had posted her nine-minute video on YouTube, in which she described how she suffered anxiety, major depression and turned to drugs and alcohol and even tried to kill herself twice.

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# Beef plant reverses layoffs to break inspection impasse

## E. coli contamination.

After weekend of finger pointing, outlook for operations to resume at Alberta firm is improved

The meat processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, resolving a deadlock that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when the firm announced it was temporarily laying off 2,000 workers. Federal inspectors said they had nothing to inspect without the workers handling the beef.

The Brooks, Alta.-based company blamed the layoff decision on the fact the federal government hadn't given it a firm date for when it would get its licence back in order to fully resume operations.

But late Sunday afternoon, XL Foods put out a news re-



Cattle look out from a feedlot in Brooks, Alta., Wednesday. Lee Nilsson, a co-CEO of XL Foods, which runs a Brooks-based meat processing plant at the centre of an extensive recall, acknowledged the plant's stoppage has "caused a great amount of turmoil in the beef community." JEFF MCINTOSH/THE CANADIAN PRESS

lease saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely

resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

Lee Nilsson, fellow co-CEO,

renewal.

Sen. Pierre de Bane, a former Liberal cabinet minister under prime minister Pierre Trudeau, commissioned an exhaustive research study that suggests Quebec television viewers may be getting an "unrepresentative image of the Canadian reality."

A scientifically vigorous sample of 2010 newscasts on Le Telejournal, taken by

a Carleton University researcher, found 42 per cent of the coverage focused on Quebec, a third dealt with international news and just 20 per cent covered Canadian "national" news.

Regional stories focusing on the other 11 provinces and territories comprised less than six per cent of Le Telejournal's coverage over a month-long period.

THE CANADIAN PRESS

## Quoted

**"We look forward to actively working with CFIA ... to allow the plant to recommence operations."**

Brian Nilsson, co-CEO, XL Foods

had also made a pointed reference to the federal agency in an interview Friday with the Alberta Farmer Express.

"I know it's caused a great amount of turmoil in the beef community. I'd just like to say hang on because all things will pass, but at this point there seems to be an uncertainty as to which direction CFIA is going with regard to E. coli at my plant, or any other plant in the country," Nilsson said.

The decision to lay off the workers and effectively shutter the plant caused an immediate backlash. The CFIA said it was completely up to XL Foods as to when the plant would be reopened, and Agriculture Minister Gerry Ritz had given no hint of softening on the inspection regime.

THE CANADIAN PRESS

## Aerospace industry. India presents 'real opportunity' for Canada: Trade council

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top five aerospace country by 2020.

"I think there is a real opportunity for us," council president Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier, they're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."



Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

Canada's aerospace and space sectors generate annual revenues of over \$22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms are already pushing to take advantage of the growing demand for new aircraft, pilot training and airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said.

THE CANADIAN PRESS

## By the numbers

\$1T

The aerospace opportunity in India could total \$1 trillion, and even though Canada's share will be small, it's still significant compared to where Canada's sector has been historically, says Rana Sarkar, head of the Canada-India Business Council.

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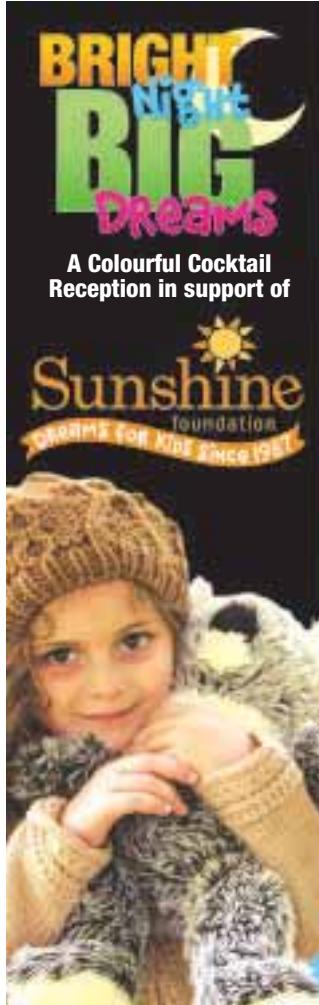
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# WANTED: ONE COMMITTED GUIDE RUNNER



**URBAN COMPASS**

Todd Devlin  
london@metronews.ca

Jacqueline Rennebohm has already accomplished a great deal in her sporting career — as a national team swimmer and now as a track athlete. But the 23-year-old insists she doesn't

deserve all the credit.

"I'm not alone, that's for sure," said Rennebohm, a Western University student. "There's so much involved, and when I run that race and set a particular time it's never alone."

That's literally true. As a sight-impaired athlete, Rennebohm requires a guide runner to aid her on the track. And now she's looking for new help in that department, as her former guide — Simon Hodge — has graduated and moved away.

Hodge has left some big shoes to fill, but Rennebohm believes there are runners out there equipped to handle the job. But first and foremost, they'll need to be highly committed.

"I train six days a week on the track, and I need them at as many practices as physically possible," said Rennebohm, who competes in the sprint events. "There's a lot of trust and faith needed between an athlete and their guide, and that's something that is developed over time."

Guides also need to be quite fit. In fact, they'll need to be able to run the 200-metre in 24 seconds. It's a demanding job, for sure. But there are also perks, as Hodge learned when he accompanied Rennebohm to the 2011 Para Pan American Games in Mexico, where she earned a pair of sixth-place finishes in the 100m and 200m events.

Since 2009 when she enrolled at Western in environmental health and switched from the pool to the track, the 23-year-old has won multiple medals at the Canadian track and field championships and become the Canadian record holder in the 200 metres (28.60 seconds) in her classification.

Before that, the Regina native had won both silver and gold medals in speed swimming at the 2007 Para Pan Am Games and turned in four Top 10 finishes at the Beijing Paralympics in 2008.

Why the switch to the track?

"I was going into university with a new attitude," Rennebohm said. "I had focused on swimming for a good chunk of my sporting career. It took eight years to make it to the Paralympic Games. But I've continued that sprinter mentality in my transition."

It has been a steeper learning curve on the track for Rennebohm, who has Cone-Rod Dystrophy. She was diagnosed with macular degeneration at age nine, at which point her eyesight began to deteriorate slowly. Today, her central vision is gone and she has about five per cent of her sight left (she can see colour and motion peripherally).

Her first big goal with her new guide runner will be representing Canada at next summer's world championships in Lyon, France. But Rennebohm has an even bigger aim further down the road.

"My goal with my guide would be to train and race and compete and prepare for the 2016 (Paralympic) Games," she said.

For more info, visit [www.jacquelinernenbohm.ca](http://www.jacquelinernenbohm.ca). Follow Todd Devlin on Twitter @UrbanCompassLdn



Former guide Simon Hodge and Jacqueline Rennebohm compete in a race last year. CONTRIBUTED

# Polar bear? No, it's polar beer!



ROBERT NEMETI/SOLENT

## Quirky beer making

### Un-freezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

## Explorer's viewpoint

**"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea ... I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."**

Explorer Rob Brown (pictured), from the National Oceanography Centre in Southampton, England. Brown is one of the team members who will be enjoying the beer in Antarctica.

## Beer status

### Beer's journey for Christmas arrival

The secret recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles, which will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

## Yuletide lager

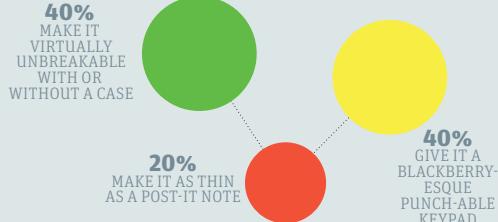
# 20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

### What would change about the iPhone 5?



## Twitter

@krasstine:

He so casually dropped the bf word. Is that what he is to me? Probably something I should find out sooner than later

@RobPaynter:

If I was King of the Forest, I would arrest people who spit in the street. #jerks

@JenPTin:

I said this before and I'll say it again: if London was a Greek god it would be Poseidon, the god of

storms. #LDNont #rainingallweek

@joshanderson\_77:

There is nothing better than game day. #pumped

@zb\_armstrong:

A lot of church bells ringing in downtown #LDNont. Quite nice.

@MGirash:

At Coffee Culture on Dundas before Save Sundays @londonlibrary. Join us! #ldnont

Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC  
scene@metronews.ca

Classic show revisited

## Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

**1. One spy said to the other, "Beware of Lola, one of her CAMERAS is really a camera."**  
Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

**2. The sexiest thing a woman can wear is A SMILE (WHILE NAKED)**

Debra says: I'm totally guessing at this one. I clearly have no idea.

**3. John and George traded WIVES for a week**

Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

### Monty Hall Let's Make A Deal

**Clue:**  
A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.



ALL HOSTS GETTY IMAGES

### Howie Mandel Deal or No Deal

**Clue:**  
With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.



### Alex Trebek Jeopardy

**Clue:**  
This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.



Flip over for answers

- 3. Sudbury
- 2. Toronto
- 1. Winnipeg

## Hometown Showdown: Where do these hosts hail from?

**Monty Hall  
Let's Make A Deal**

**Clue:**  
A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.

**Howie Mandel  
Deal or No Deal**

**Clue:**  
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**Alex Trebek  
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This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.

**Flip over for answers**

- 3. Sudbury
- 2. Toronto
- 1. Winnipeg

## Name that Homegrown Show

**J \_ t Like M \_**

The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

**T \_ t P \_ tern**

Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.



Remember this one? Or are you stumped? Get it? SCREENSHOT

Flip over for answers

- 4. You Bet Your Ass
- 3. Bumper Stumpers
- 2. Test Pattern
- 1. Just Like Mom

**m \_ r Stu \_ ers**

This Global TV puzzler hosted by Al Dubois turned the highway boredom busting pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be

"MRONV" belongs to The Voice judge Adam Levine. Answer: Maroon 5.

**u B \_ t \_ ou A \_**  
This trivia show was never short on potty humour. Take this actual question from the category 'Smelly Things':

"What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

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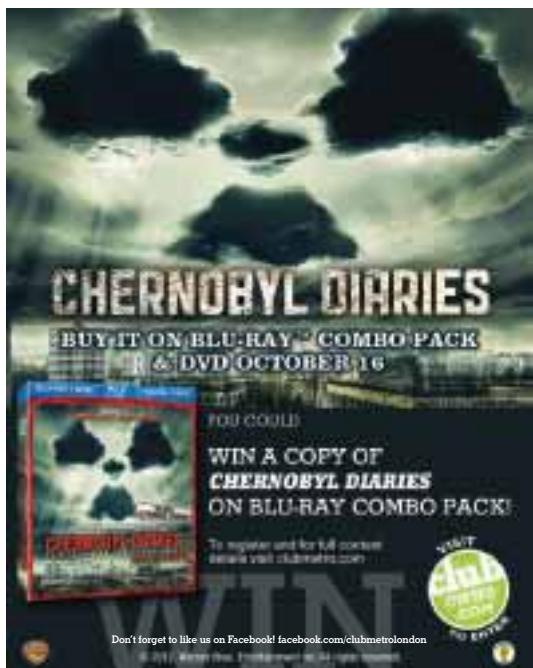
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SCENE 2

# Veteran actor/ladies' man Hamilton shows us he's still tan-tastic

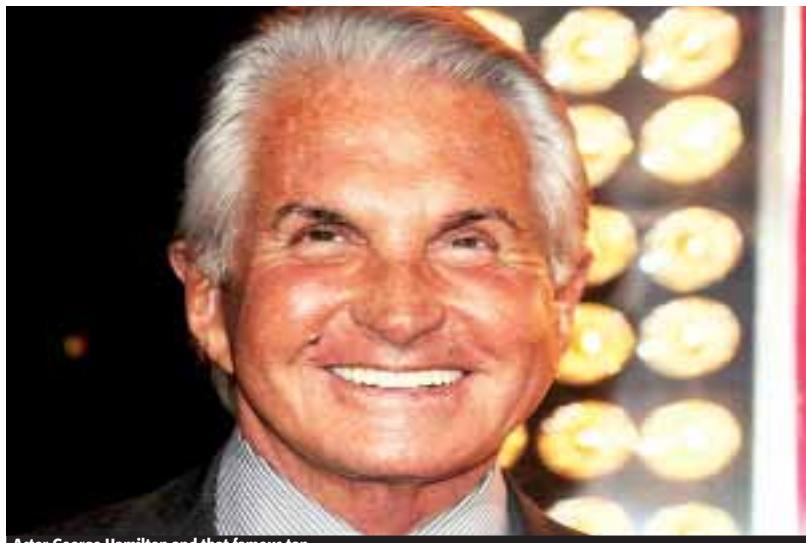


**Q&A.** As smooth and funny as ever, the Love at First Bite star shares some time and advice with Metro readers

**MARK  
BRESLIN**  
[scene@metronews.ca](mailto:scene@metronews.ca)

George Hamilton is renowned for his handsome, jet-setter image, and of course that famous bronzed skin. These days he is partial to reality TV shows and movie spoofs, although in his early acting days the Tennessee native was a serious contender for dramatic film stardom.

stardom. He drifted into comedy and parody though, occasionally delving into drama or theatre, but ultimately forming a successful career. Here Metro's Mark Breslin poses some questions to the man himself.



**Actor George Hamilton and that famous tan.** GETTY IMAGES

You've been involved with some of the most beautiful women in the world. What advice would you give a young man just starting out?

**Starting Out:** The first thing you tell a woman is that sex is something you want and you wouldn't be with them unless you wanted to have sex. You may have dinner with them 100 times before that happens but you want them to know you would never pounce on them. Then you let the woman know you're old-fashioned; basically you open doors, stand up for them. That puts you in control, they can't

even open the door without you, it's wonderful. And you order for her, they find it very charming. And then the other part of that is, you don't have to say you're faithful. There could be the possibility of other women but you never lie. You never lie about that.

**George, you're known for your signature tan. Do you have any friends that are dermatologists?**  
Yes and they've all asked me what my secret is.

**How many tuxedos do you own?**

ably wants one of them back.

**Do I have to ask your position on casual Fridays?**

**Do you think it's a particular challenge for a handsome man to do comedy?**

I don't think anyone expects a good looking guy to be funny and I think that's part of the problem. I had to produce movies like Love at first Bite, and Zorro: The Gay Blade just to show that I was funny. Then they forget you can play serious!



A funny thing happens  
when you tell kids they matter.  
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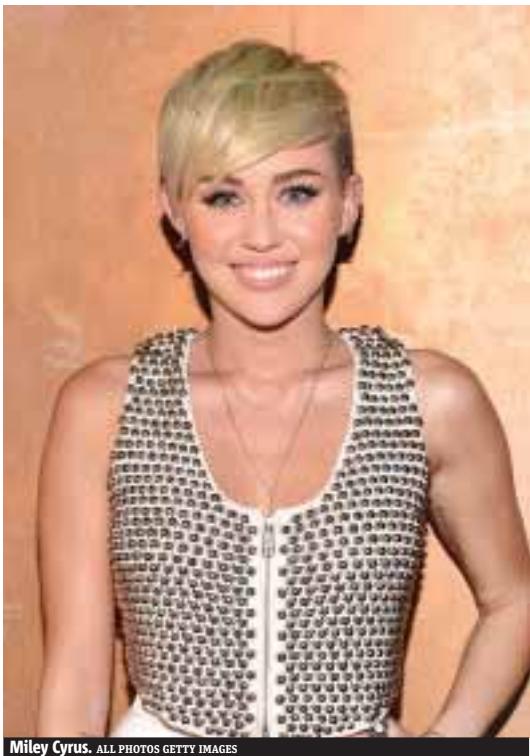
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# EDUCATE LEAD DREAM

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Miley Cyrus. ALL PHOTOS GETTY IMAGES

## Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

### Quoted

**"If he fails, at least fails while daring greatly"**

What one half of the Cyrus/Hemsworth tattoo says.

Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Penn and Madonna re-uniting?



### THE WORD

Dorothy Robinson

scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teen-



age boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.



Mila Kunis

## Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with the public displays of affection, this time treating themselves to some gelato in the West Village, according to People magazine.

"When they walked

### Twitter



@hughhefner

I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!



@RealHughJackman

On set for my birthday. Thanks for all the best wishes!



@stephenfry

Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.



@SarahKSilverman

No one's looking

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# Ditching the very distracted dinner table

**Family time.** Sitting down to eat together is an important part of inspiring and engaging



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it

**Benefits**

**The studies speak loud and clear.**

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.



Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

can seem easier to just have everyone take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other

kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to

allow the kids to better understand the challenges and successes they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember, it doesn't hurt to have them take responsibility for

table setting and clearing. Make it a family activity. Bon appétit! **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

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# A sweet ending in a small bite

Glazed Apple-Ricotta Tarts



This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

**1.** Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

**2.** In food processor, pulse together flour, cornmeal, sugar and salt to combine.

**3.** Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

**4.** Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

**5.** Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

## Ingredients

## Pastry

- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) unbleached all-purpose flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

## Filling

- 2 lbs (1 kg) apples (such as Spartan, Cortland or Empire), peeled, cored and diced
- 1/4 cup (5 ml) granulated sugar
- 1/4 cup (50 ml) Calvados (apple flavoured liqueur)
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) whole-milk ricotta cheese

## Topping

- 2 apples, peeled, cored and thinly sliced
- 1/4 cup (5 ml) bottled apple jelly

**6.** Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

## Healthy eating

## Choose it and lose it

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There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

### Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

**2,280 calories/ 109 gm fat/ 1,380 mg sodium** This snack contains an entire day's worth of fat, calories and sodium.



## Equivalent



Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.



### Small popcorn with 1 pump of Becel, small diet pop and Mars bar

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# Fatigue gets failing grade in France

**C'est la vie!** Country looking to upend school year traditions in support of work-weary youngsters

French children go to school four days a week. They have about two hours each day for lunch. And they have more vacation than their counterparts almost anywhere in the West.

It may sound a bit like the famously leisurely work pace enjoyed by their parents, most of whom work 35 hours per week as dictated by law.

But the nation's new government says elementary school kids risk classroom burnout, and is moving to help them cope. The issue: French school days may be relatively few, but they are at least as long as a day of work for adults. Even 6-year-olds are in class until late into the afternoon, when skies are dark, attention flags and stomachs rumble.

As a candidate, President Francois Hollande promised to change things by adding



Critics of the possible addition of a Wednesday school day in France have suggested lengthening lunch to three hours to tackle the long work days of students. CHRISTOPHE ENA/THE ASSOCIATED PRESS

a fifth day of classes on Wednesday while shortening the school day. For France, it's something of a revolutionary idea that would overturn more than a century of school tradition. The thinking is that the days are too full for young children under the current system and that Wednesday free time could be put to more

productive use.

"France has the shortest school year and the longest day," Hollande said at the time, promising change.

His education minister, Vincent Peillon, will decide this month how to carry out the reform. He has said he may also compensate for a shorter school day by trimming France's sacred sum-

mer vacation. A panel of experts will present their conclusions on Friday, and the president is expected to address the issue on Tuesday.

No proposal affects tradition — and potentially family and municipal budgets — as much as what the French call changes to the "scholastic rhythms."

## C'est dommage!

Things aren't exactly easy for French kids.

- Despite long summer breaks and the four-day school week, French elementary school students actually spend more hours per year in school than average; 847, compared with 774 among countries in OECD, a club of wealthy nations. But the time is compressed into fewer days each year.

- The French school day begins around 8:30 and ends at 4:30 p.m., even for the youngest, despite studies showing the ability of young children to learn deteriorates as the day goes on.

There's been a midweek break in French primary schools dating back to the 19th century, a government concession to the Roman Catholic Church, which wanted children to study the catechism on their weekday off. In today's secu-

## The long and short of it

France has the shortest school year and the longest day."

Ecoliteracy co-author Lisa Bennett

lar France, Wednesdays currently are a blur of sports, music, tutoring for families of means, or a scramble for working parents struggling to get by — who must either find a sitter or send their kids to a full day at a state-run leisure centre.

Many parents are afraid that the changes will force them to figure out extra childcare five days a week, especially at schools where the afterschool program amounts to sitting silently at a desk for two hours or near-chaos in the play areas. Under the education proposal, school would end at lunchtime on Wednesday.

"It's completely unrealistic," Valerie Marty, president of the national parents' organization, said of the proposed timetable. "They have to figure out who will take care of the children after school, who will finance it."

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CFL

## Als double up on Double Blue to tighten grip on East

Jamel Richardson and Shea Emry scored second-half touchdowns Sunday to give the Montreal Alouettes a 24-12 victory over the Toronto Argonauts — and a home playoff date.

Richardson scored on a 75-yard touchdown reception at 12:25 in the third quarter for the East Division leaders.

The game was a huge one with first place in the East on the line between two teams battling for post-season positioning. The victory put the Alouettes (9-6) in the driver's seat, leading Toronto (7-8) by four points with three games left and owning the tie-breaker.

THE CANADIAN PRESS



Montreal's Jamel Richardson makes a catch under pressure from Pat Watkins on Sunday in Toronto. THE CANADIAN PRESS

NFL

## Seahawks surge past Patriots late on Rice's TD catch

Russell Wilson found Sidney Rice behind the secondary for a 46-yard touchdown with 1:18 remaining, and the Seattle Seahawks rallied for 14 points in the final 7:31 to stun the New England Patriots 24-23 Sunday.

THE ASSOCIATED PRESS



Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium.

Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GTY IMAGES

# Missed call propels Tigers to 2-0 lead

**ALCS.** Umpire's gaffe leads to pair of Detroit runs in tightly contested Game 2

Anibal Sanchez and the Detroit Tigers made the plays, got a favourable call from an umpire and took advantage of their few chances at the plate.

The reward: A commanding lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down a Yankees lineup minus injured



shortstop Derek Jeter, and Detroit won without any drama, beating New York 3-0 Sunday for a 2-0 cushion.

Yankees starter Hiroki Kuroda pitched perfect ball into the sixth inning but the slumping New York hitters

looked lost.

Making his second post-season start, Sanchez pitched three-hit ball deep into the game to make Tigers manager Jim Leyland's handling of a bullpen without struggling closer Jose Valverde a lot easier.

The Tigers scored twice in the eighth after second base umpire Jeff Nelson missed a call on a two-out tag at second base.

Game 3 in the best-of-seven series is Tuesday night in Detroit, with reigning AL MVP Justin Verlander starting for the Tigers against Phil Hughes. Verlander went 2-0 in the div-

**Jeter injured**

Yankees shortstop Derek Jeter was absent for Game 2 on Sunday, off undergoing tests after his left ankle cracked in the 12th inning of Saturday night's 6-4 loss to the Tigers.

- Jeter had scans Sunday, which confirmed the fracture.

ision series versus Oakland, including a four-hit shutout with 11 strikeouts in the decisive Game 5. THE ASSOCIATED PRESS

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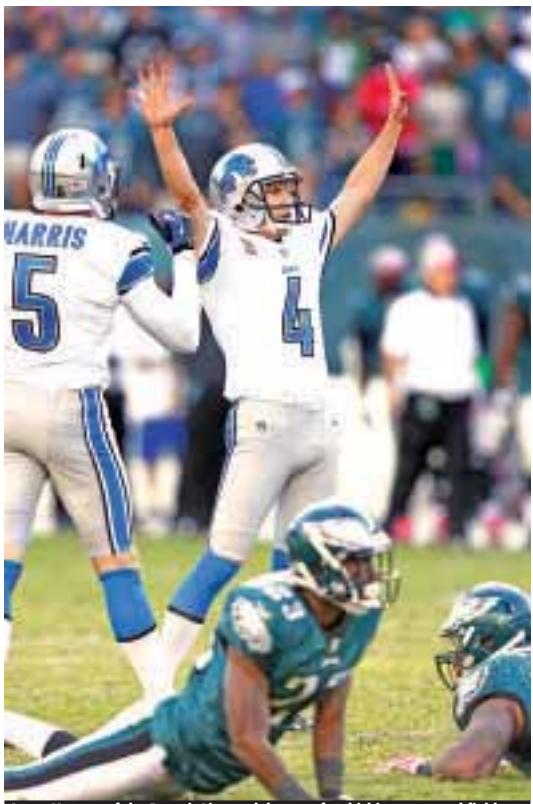
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# 4 SPORTS



Jason Hanson of the Detroit Lions celebrates after kicking a 45-yard field goal in overtime against the Philadelphia Eagles Sunday in Philadelphia.

JOE ROBBINS/GETTY IMAGES

# Lions show a 'lot of heart' in staging late comeback

**NFL.** Desperate Detroit rallies in fourth quarter to avoid woeful 1-4 start to the season

Nnamdi Asomugha sat at his locker stall in full uniform with his head down long after the Philadelphia Eagles blew one they had in their grasp.

It'll be a long bye week for this turnover-prone team.

Matthew Stafford rallied desperate Detroit back from a 10-point fourth-quarter deficit, Jason Hanson kicked a 45-yard field goal in overtime and the

## Quoted

**"They wanted it more. We blew it."**

Philadelphia Eagles cornerback Dominique Rodgers-Cromartie

## Sunday's game

**26**

Lions

**23**

Eagles

Lions beat the Eagles 26-23 on Sunday.

"This is pretty bad because this was a big game for us," said Asomugha, the two-time All-Pro cornerback. "We lost last week and going into a bye this hurts a lot because it would have helped us. If we can't win a game like that, we have to go back to the drawing board. We have to close out a game like that."

A defence that held Stafford and Calvin Johnson in check for 3 1/2 quarters collapsed at the end for the second straight

week, and the Eagles (3-3) enter the bye with consecutive late losses. Ben Roethlisberger led Pittsburgh on a long drive that ended with a final-second field goal for a 16-14 win last Sunday.

Stafford led Detroit to 17 points in the last 10 minutes to force overtime, throwing a TD pass and running for a score. He finished with 311 yards passing, one TD and one interception.

The comeback kept the Lions (2-3) from a 1-4 start a year after opening 5-0 en route to their first playoff appearance since 1999.

"It takes lot of heart," Stafford said. "It would have been a lot easier to just pack it in. This team has lot of fight. We didn't play great. We did on defence, not on offence. Every guy in that locker room didn't stop playing and that's what got us the win."

THE ASSOCIATED PRESS

## Sports in pictures

**1**



**2**



**3**



## **1** NBA. Heat fall to Clippers in Shanghai

Blake Griffin of the Los Angeles Clippers shoots against the Miami Heat Sunday in a preseason basketball game in Shanghai, China, Sunday. The Clippers beat the Heat 99-89.

THE ASSOCIATED PRESS

## **2** F1. Vettel takes hold of 1st in standings

Red Bull driver Sebastian Vettel won the Korean Grand Prix on Sunday to move ahead of Ferrari's Fernando Alonso in the Formula One championship standings by six points with four races remaining.

THE ASSOCIATED PRESS

## **3** Tennis.

Djokovic wins U.S. Open rematch in China

Novak Djokovic saved five match points in the second set before outlasting two-time defending champion Andy Murray 5-7, 7-6 (11), 6-3 on Sunday in the Shanghai Masters final.

THE ASSOCIATED PRESS

## NFL. Falcons extend perfect start despite imperfect performance

Matt Ryan and the Atlanta Falcons have plenty of mistakes to work on during their bye week.

Of course, it's sure easier to fix the problems when you're still unbeaten.

Asante Samuel returned an interception 79 yards for a touchdown in the closing minutes and Matt Bryant connected on a 55-yard field goal with 1 second remaining, allowing the Falcons to escape with a

sloppy 23-20 victory over the Oakland Raiders on Sunday.

Overcoming three interceptions by Matt Ryan, the Falcons (6-0) extended the best start in franchise history.

It wasn't easy against the pesky Raiders (1-4), who bounced back from Samuel's pick to tie the game with less than a minute to go, but left a little too much time on the clock for Atlanta's final possession.

## Sunday's game

**23**

Falcons

**20**

Raiders

Ryan completed four short passes, the last of them a 13-yard to Tony Gonzalez

that got Bryant in range for his longest field goal since joining the Falcons in 2009 — and his second game-winning kick in three weeks. He beat the Panthers 30-28 on a 40-yard field goal with 5 seconds left.

"He knows how to get himself prepared, how to calm himself down, how to get it through those pipes," Ryan said. "He's made a lot of clutch kicks for us through the years."

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Asante Samuel of the Atlanta Falcons celebrates after the game Sunday in Atlanta. GETTY IMAGES

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